

EFFECTIVE OCTOBER 1, 2014



PROGRAM BOOKLET

INFORMATION FOR PARTICIPANTS



WIC PROVIDES GOOD FOOD AND A WHOLE LOT MORE

WIC is a nutrition program that provides nutrition and health education, breastfeeding support, healthy food and referrals to other services free of charge to Indiana families who qualify. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children.

WIC OFFERS FAMILIES:

- Breastfeeding promotion and support
- Checks to buy healthy food
- Health and social service referrals
- Immunization screening and referrals
- Tips for eating well to improve health

WIC NUTRITION STAFF MEET WITH EACH WIC PARTICIPANT TO:

- Review nutrition and health behaviors
- Provide individual nutrition advice
- Support families making changes for better health
- Offer a selection of healthy foods

For more information about the Indiana WIC Program and/or Nutrition and Breastfeeding Education go to: www.wic.in.gov



What to bring to your WIC Appointment:

✓ Each person who is applying for WIC.

✓ A parent, guardian, or caretaker of an infant, child, or woman under 18 years old who is applying for WIC.

✓ Proof of Identity for yourself and each person who is applying for WIC.

For Example:

- Driver's license
- Hospital record
- Photo ID
- Immunization record
- Marriage license
- Birth certificate

✓ Proof of Address

For Example:

- Bill or business letter addressed to you
- Rent receipt
- Current driver's license

✓ Proof of Income. Income documents for everyone in your household who works or has a source of income.

For Example:

- Paycheck stub(s) for the past 30 days; if paid biweekly, bring 2 pay stubs; or, if paid weekly, bring 4 pay stubs.
- Award letter for alimony, child support, social security (including SSI).
- Unemployment or worker's compensation statement.

You may automatically be income eligible if you or certain family members participate in Medicaid, Temporary Assistance for Needy Families (TANF) or SNAP.

Proof of eligibility is needed:

- Medicaid card for Medicaid
- Award letter for TANF or SNAP

✓ Immunization Record(s) for all infants and children up to age 2 years who are applying for WIC.

INFANT FOOD, INFANT CEREAL, INFANT FORMULA, MILK, CHEESE & EGGS

FRUITS & VEGETABLES

JUICE

BREAKFAST CEREALS

WHOLE GRAINS, BEANS, PEANUT BUTTER & FISH

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Infant Food

FRUITS & VEGETABLES

4 oz. jar

Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple).

MEATS

2.5 oz. jar

(Meat only, may include broth or gravy)



Available items:

- Turkey and Broth • Chicken and Broth • Beef and Broth • Ham and Broth

Not included:

- Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles)
- Meat sticks, organic, added sugar, starch, salt, or DHA
- Multi-packs

Infant Cereal

ANY GRAIN OR MULTIGRAIN

8 oz. container



Not included: Canned, formula, fruit, quinoa, DHA, organic or variety packs.

Breast Milk

Complete nutrition for your baby

Infant Formula



GERBER GOOD START GENTLE

Type and size specified on check.



GERBER GOOD START SOY

Type and size specified on check.



GERBER GOOD START SOOTHE

Type and size specified on check.

Milk

FLUID MILK

Least expensive brand only in category stated on check (e.g. least expensive whole milk if whole milk stated on check)

- Whole or Vitamin D
- Reduced-fat (2%)
- Low-fat (½ or 1%), or fat-free (skim)

SPECIALTY MILK *As listed on check.*

- Evaporated: 12 oz.
- Lactose-free: quart or ½ gallon*
- UHT
- Powder: 9.6 oz. or 25.6 oz.
- 8th Continent Soymilk Original only, ½ gallon
- Silk Soymilk Original only, ½ gallon

* Two one-quart cartons may be substituted for ½ gallon if ½ gallons are not available.

Not included: Flavored, imitation, organic, buttermilk, Milnot, or Vitamite.

Cheese

U.S. MADE, PREPACKAGED

8 oz. or 16 oz. only

Choose regular, light, low-fat, or fat-free; block, sliced, shredded, cubed, string, stick or crumbles

Any of the following flavors or combinations of flavors:

- American – pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

Not included: Cheese from deli area, cheese food, cheese product, substitute or spread, imitation or individually wrapped cheese slices, spiced, flavored, organic, imported or any size smaller than 8 oz.

Eggs

LARGE OR EXTRA LARGE WHITE EGGS

1 dozen

Least expensive brand only

Not included: Brown, low cholesterol, organic, Eggland's Best or other specialty eggs, cage free, or free range.



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Fruits and Vegetables

NON-ORGANIC OR ORGANIC

Dollar amount specified on Cash Value Voucher.

FROZEN

Any variety of frozen fruits without added sugar.

Any variety of frozen vegetables except white potatoes.

Not included: Packages with added sugar, oils or fats, herbs or spices; creams, sauces, or breading.

FRESH

- Whole or cut
- Plain bagged salad

Not included: Red, Yukon Gold, Russet and other kinds of white potatoes (orange yams and sweet potatoes are allowed); pickled vegetables; olives; herbs or spices; nuts; salad bar items; edible blossoms; ornamental or decorative pumpkins, or party trays with dip, dressing, or croutons.



Tips to help you receive the maximum value for your Fruit and Vegetable Cash Value Voucher

- ✓ Consider purchasing fixed price items.
- ✓ Buy items that have not been pre-cut (sliced melon costs more than a whole one you slice and peel at home).
- ✓ Use coupons to lower the price of items and shop sales.
- ✓ Purchase “in season” for the lowest produce prices.

Chart for Purchasing Fruits and Vegetables

Price per pound	Pounds							
	1½	2	2½	3	3½	4	4½	5
\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42	\$2.76	\$3.11	\$3.45
\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47	\$3.96	\$4.46	\$4.95
\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22	\$5.96	\$6.71	\$7.45
\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92	\$6.76	\$7.61	
\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97	\$7.96		
\$2.49	\$3.74	\$4.98	\$6.23	\$7.47				

REMEMBER

Fruit and Vegetable Cash Vouchers are redeemable up to the amount stated on the voucher (\$4.00, \$8.00, \$10.00, or \$15.00). If the purchase price exceeds the stated value, participant may pay the additional amount with another form of tender or choose to purchase a lesser quantity. No cash back or gift cards are allowed.



FRUITS & VEGETABLES

JUICE

BREAKFAST CEREALS

WHOLE GRAINS, BEANS, PEANUT BUTTER & FISH

WIC PROVIDES GOOD FOOD

Juice

Size is specified on check.

100% juice (fruit or vegetable) and at least 120% Vitamin C

SHELF STABLE OR REFRIGERATED

64 oz. only. Any container. *For children only*



Apple
Juice



Grape
Juice
Purple or
White



Grapefruit
Juice
White or Pink



Pineapple
Juice



Old Orchard
100% Juice
Any Flavor



Orange
Juice



Tomato
Juice



Vegetable
Juice



Juicy Juice
100% Juice
Any Flavor

Not included: 59 oz. size, Welch's 64 oz. grape juice, Natalies OJ, gourmet/premium juices, beverages, cocktail juices, fruit drinks, juice drinks, or organic juices.

FROZEN CONCENTRATE

11.5 oz. – 12 oz. *For women only*



Apple Juice



Grape Juice
Purple or White



Grapefruit Juice
White or Pink



Orange Juice



Welch's Juice
Any Flavor with
Yellow Tab

FROZEN CONCENTRATE

Continued



Old Orchard Juice
Any Flavor with
Green Tab



Dole Juice
Any Flavor



Welch's
Any flavor

NON-FROZEN CONCENTRATE

11.5 oz. – 12 oz. *For women only*



JUICE

BREAKFAST CEREALS

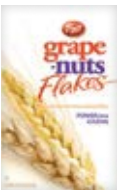
WHOLE GRAINS, BEANS, PEANUT BUTTER & FISH

Cereal

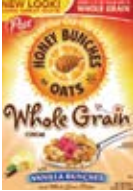
18 oz. or 36 oz. only (11.8 oz Instant Oatmeal allowed as an exception)

*Pregnant women and women considering becoming pregnant: Look for the cereals with 100% DV (daily value) of folic acid.

POST CEREAL



18 oz.



Vanilla Bunches
18 oz.



Honey Roasted
18 & 36 oz.



Almonds
18 & 36 oz.



Cinnamon Bunches
18 oz.



Banana Blueberry
18 oz.



18 oz.



18 oz.

B&G FOODS



Whole Grain
18 & 36 oz.



Regular only
18 & 36 oz.



18 oz.



18 oz.



Whole Grain
18 oz.

KELLOGG'S



18 oz.



18 oz.



Original Bite Size
Whole Grain
18 & 36 oz.

QUAKER



Big Bite
Whole Grain
18 oz.



Unfrosted
Whole Grain
18 oz.



Original, no fruit
18 oz.



Regular only
18 & 36 oz.



18 oz.



18 oz.



18 oz.



Original only
11.8 oz.

MALT-O-MEAL



Honey
18 & 36 oz.



Strawberry Cream
18 & 36 oz.



Frosted
18 & 36 oz.



Blueberry
18 & 36 oz.



18 & 36 oz.



Original only
18 & 36 oz.

g* = Gluten free

= A minimum of 51% whole grain cereal

✓FA = 100% Daily Value of Folic Acid

BREAKFAST CEREALS

WHOLE GRAINS, BEANS, PEANUT BUTTER & FISH

Whole Grains

BREAD

16 oz. only Whole wheat or whole grain loaf.

Not included: Buns, rolls, bagels, or bakery items.



Aunt Millie's
• Raisin Swirl
• Whole Grain White



Best Choice
100% Whole Wheat



Bunny
100% Whole Wheat



Butternut
100% Whole Wheat



Family Choice
100% Whole Wheat



Healthy Life
• 100% Whole Wheat
• 100% Whole Grain Wheat Sugar Free



Holsum
100% Whole Wheat



Kroger
100% Whole Wheat



Meijer
100% Whole Wheat



Nature's Own
100% Whole Grain Sugar Free



Roman Meal
100% Whole Wheat



Sara Lee
Classic 100% Whole Wheat



Schnuck's
100% Whole Wheat



Schwebel
100% Whole Wheat



Spartan
Whole Grain



Sunbeam
100% Whole Wheat



Village Hearth
100% Whole Wheat



Wonder
100% Whole Wheat

TORTILLAS

16 oz. only

Chi-Chi's
• Whole Wheat or Corn

Mission
• Whole Wheat or Corn

Don Pancho
• Whole Wheat or Corn

Ortega
• Whole Wheat

La Banderita
• Whole Wheat or Corn

Best Choice
• Whole Wheat or Corn

La Burrita
• Corn

Carlita
• Corn Tortillas 5½" Soft Taco Style
• Whole Wheat Tortillas 8" Whole Grain

Meijer
• Whole Wheat 8" Fajita Size

Spartan
• Whole Wheat 8" Fajita Style

Shurfresh
• Corn/Maiz Tortillas 6"

Guerrero
• Whole Wheat or Corn

Schnucks
• Whole Wheat

Kroger
• Whole Wheat

Food Club
• Whole Wheat

BROWN RICE

14 - 16 oz.

Any brand, plain, boxes or bags, instant, quick, or regular

Not included: Organic



PASTA

16 oz. only

Any brand Whole Wheat

Not included: Organic

Beans, Peas & Lentils

DRY

1 lb. bag (16 oz.)

Any type

CANNED

15 - 64 oz.

- Kidney (may have a small amount of sugar)
- Garbanzo (Chick Peas)
- Great Northern
- Black-eyed Peas
- Fat Free Refried
- Black
- Pinto
- Lima
- Navy

Not included: Boxed, baked beans, wax beans, organic, soups, added sugars, added seasoning, fats, oils, or meats.

Peanut Butter

REGULAR OR CRUNCHY

16 - 18 oz. jars

Not included: Spread, organic, mixed with jelly, marshmallow, honey, Smucker's Natural, Fifty 50, Jif Omega 3, Smart Balance, Krema, Better'n Peanut Butter, Health Valley, Reese's, or natural peanut butter.

Fish

For fully breastfeeding moms.

PACKED IN WATER, OIL, OR VEGETABLE BROTH

Cans only

- Chunk Light Tuna in 5 or 12 oz.
- Pink Salmon in 5, 6, 7.5 or 14.75 oz.

Not included: Albacore or Yellow fin tuna, white, solid, fresh, frozen, foil pack, flavored, organic, premium price brands such as Tonno Genova and Sustainable Seas, Red salmon, and sardines.



Breastfeeding is Healthy for Babies

Every mother can help her baby develop and grow with her own breast milk. It's also a healthy, affordable solution.

Healthy for **BABIES**

- Best possible nutrition
- Easy to digest
- Reduces risk of SIDS, ear infections, RSV, and diarrhea
- Helps prevent chronic diseases like diabetes, asthma, heart disease, and cancer
- Promotes brain growth. Studies show that children who were breastfed have higher IQs.

Healthy for **MOMS**

- Promotes weight loss after pregnancy
- Prevents chronic diseases like osteoporosis and cancer
- Always ready at the right temperature

Great for **FAMILIES**

- Helps moms and babies stay healthy
- Healthy moms and babies are more active and ready for play
- Saves time, money and the environment

Indiana WIC has Lactation Consultants and Peer Counselors on staff to provide breastfeeding support at no cost. WIC can help with any challenges including the transition back to work or school.

Exclusively
breastfeeding mothers
and their babies receive
extra food benefits.



Referrals

Ask your WIC staff about services in your area. A specific function of the Indiana WIC certification process is to make referrals to Medicaid and other social service programs. Although the Indiana WIC Program does not provide health care, Indiana WIC will refer all applicants to health care providers as appropriate. Some of the referrals include:

- Medicaid
- TANF
- SNAP
- Maternal and Child Health Programs
- Expanded Food and Nutrition Program offered by Cooperative Extension Services
- Healthy Families
- Indiana Coalition Against Domestic Violence
- Indiana Tobacco Quitline
- Head Start
- County Health Departments for Immunizations
- Child Support Enforcement
- Local Substance Abuse Treatment Centers
- Doctor's Offices including Private Offices and Community Health Centers
- Local Food Pantries and Shelters



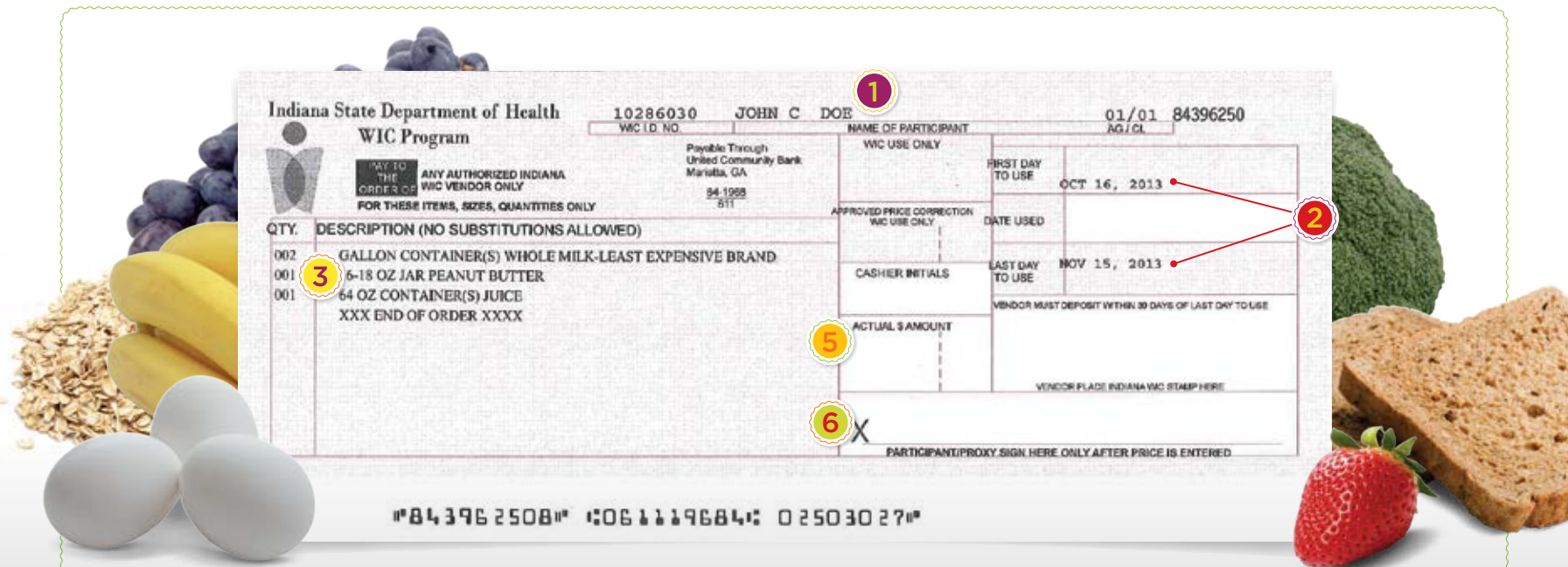
BREASTFEEDING BENEFITS & REFERRALS

HOW TO USE A WIC CHECK

TIPS & REMINDERS

FREQUENTLY ASKED QUESTIONS/YOUR RIGHTS & RESPONSIBILITIES

Breastfeeding is Healthy for Babies



How to use a WIC check

- 1** Make sure the participant's name is listed. Contact your local WIC clinic if someone else needs to use the WIC check.
- 2** Check the dates. Date must be the same as or after the "First Day to Use" and before or the same as the "Last Day to Use."
- 3** Choose the items you want to buy from the "Authorized Food" list on the WIC check. Look for WIC approved items in this booklet.
- 4** Group WIC foods together according to what is listed on each check. Keep WIC foods separate from any other foods you may buy.
- 5** After scanning your items, the cashier will write in the total amount of your WIC foods.
- 6** The cashier will hand the check back for you to sign. Never sign a WIC check before the "Actual \$ Amount" has been filled in.
- 7** Show the cashier your signature on the back of your WIC Participant Booklet.

Look for matching shelf tags located by many WIC approved items.



HOW TO USE A WIC CHECK

TIPS & REMINDERS

FREQUENTLY ASKED QUESTIONS/YOUR RIGHTS & RESPONSIBILITIES

Breastfeeding is Healthy for Babies

Tips & Reminders

- **Don't forget to pick up your checks on time.**

Your clinic will note the pick-up date on the back of this folder. If you pick up your checks late, you get less food for the month.

- **Keep appointments**

Call your WIC clinic if you need to reschedule.

- **Use WIC checks correctly.**

Shop where WIC checks are welcome. Use your checks between the dates listed on each check and buy only the foods listed on the check and Food List. Sign your checks after making sure the prices are correct.

- **Handle your WIC checks carefully** – like they are cash.

- **Contact your local WIC clinic right away if something happens to your checks.**

- **Always remember your WIC Program Booklet.**

- Take it to the store to shop for WIC foods.
- Take it to the WIC clinic for all appointments.

- **Shop smart!**

- Plan how to spend your checks so you have food for the whole month.
- Compare prices on foods and buy the least expensive brand.
- Use coupons and look for “buy one, get one free” and other store offers.

- **Select authorized package sizes.** Carefully count ounces to be at or under the maximum amount printed on your check.

- **WIC foods cannot be returned to the store for credit or cash or exchanged for other items.**

- **Please remember *not* to:**

- fold, bend, tear, change or alter WIC checks in any way.
- sell checks or food purchased with WIC checks.
- use checks you reported missing or stolen.
- receive checks from more than one clinic.

- **Consider breastfeeding your baby.**

Babies are born to breastfeed. Nursing mothers receive additional food and may remain on the WIC program up to one year. Ask for breastfeeding support and information at your WIC clinic.

- **Educational Resource**

Do your nutrition education online at www.wichealth.org.

- **Be polite to the cashier.**

What to bring to the grocery store:

- ✓ WIC Program Booklet
- ✓ WIC checks



Frequently Asked Questions

What if I move?

If you plan to move somewhere else in Indiana, you can check our website for a listing of all WIC offices in the state at www.wic.in.gov. If you plan to move out of Indiana, you can call your local WIC office. They can give you information about WIC programs in other states and overseas. You may also call the State WIC Office at 1-800-522-0874.

What is a proxy?

A proxy is someone you trust. You give this person permission to cash your WIC checks if you can't go to the store. If you assign someone to be a proxy, that person must sign your WIC Participant Booklet and must bring the booklet when cashing WIC checks at the store. You must make sure your proxy understands what foods to buy and how to use the WIC checks.

A proxy may also take your place at nutrition education or check issuance appointments. A proxy is not allowed to replace participants at certification appointments. The proxy must bring

the WIC Participant Booklet to the appointment along with a valid form of ID.

Why can't WIC staff talk to my friend or my mother about my child or me?

The WIC program protects your right to privacy. WIC will not share any information without your permission. This includes appointment times and medical information.

What if I lose my WIC checks or they are stolen?

If you believe your WIC checks have been stolen, report it to your local police right away. Lost or stolen WIC checks should also be reported to your local WIC office immediately. WIC may replace certain checks in rare circumstances and with required documentation.

What if I damage my WIC checks?

If you spill something on your checks or rip them, return the checks to your local WIC office. WIC may replace them.

Your Rights & Responsibilities

For the Indiana WIC Program

PARTICIPANTS RIGHTS

1. To be treated fairly regardless of race, color, national origin, age, sex, disability, or religion.
(If treated unfairly write or call with a civil rights complaint to the USDA, Office of Adjudication, within 180 days of the alleged incident. Religious complaints must be filed with the Indiana Civil Rights Commission within 180 days.)
2. To request a fair hearing to appeal any decision made by the local agency regarding your eligibility for the program.
3. To receive nutrition education, breastfeeding support and referrals to other health services or social services.

PARTICIPANT RESPONSIBILITIES

1. Using WIC checks correctly when purchasing WIC items at the store.
2. Using WIC checks like they are cash.
3. Treating clinic and store employees in a respectful manner.
4. Providing truthful information.
5. Teaching your proxies their role in the WIC Program.
6. Participating in nutrition education activities.
7. Not selling or attempting to sell/exchange WIC foods, formula, or checks, including selling or trading food or formula on social media sites (ex: Facebook, craigslist, Ebay, community garage sales, etc.)
8. Not being on WIC in more than one clinic at a time (in-state or out-of-state).

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited basis will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

WIC Appointments

Household ID#: _____ Clinic code: _____

Date	Time	Purpose of Visit		
		Check Pick-up	Certifications/MDU	Nutrition/ breastfeeding
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				

NOTIFY THE WIC OFFICE IF YOU:

- are unable to keep a scheduled appointment.
- give birth.
- stop breastfeeding.
- are unable to purchase WIC foods.
- have any problems or concerns about the store.
- have questions about WIC services.
- are moving out of Indiana.



✱ Bring this WIC Program Booklet to your WIC appointments and to pick up checks.

HOUSEHOLD PARTICIPANTS:

_____	_____
_____	_____
_____	_____
_____	_____



QUESTIONS?

Just call **800-522-0874** or
contact your local WIC clinic at:



Follow us on Twitter:
www.twitter.com/indianaWIC

The information in this booklet is subject to change.

This institution is an equal opportunity provider.

To complete your nutrition education, please go to wichealth.org.

Participant, parent or guardian (please print)

Signature

Proxy #1 (please print)

Signature

Proxy #2 (please print)

Signature

ATTENTION

This booklet is to be accepted as proof of identification at all authorized WIC vendors in the State of Indiana.



www.wic.in.gov



Indiana State
Department of Health